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Your essential daily news | TUESDAY, JANUARY 31, 2017 | High -1°C/Low -3°C Snow showers

WILL TRUDEAU WALK HIS TALK?

Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. Our prime minister fell short

POLITICS
Chantal Hébert

Prime Minister Justin Trudeau comments on the Quebec City mosque shootings in the House of Commons in Ottawa, Monday.
THE CANADIAN PRESS

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a substitute for speaking out.

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the United States but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement efforts.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's.

But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American congress to challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.

Nation reacts to Quebec mosque shooting metroNEWS Canada must take Syrians, students rejected by U.S. metroVIEWS

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Toronto speaks out: *Trump's Muslim ban • Quebec mosque shooting*

Many voices, united in purpose

Hundreds braved the bitter cold to gather in front of the U.S. Consulate in downtown Toronto on Monday in support of Muslims and refugees. The protest started at 8 a.m. and stretched well into the evening, transitioning into a vigil for those killed in the Quebec City mosque attack. For many, speaking out against Donald Trump's ban on Muslims — and remembering those Canadians killed — was a way to create unity at home.

MAY WARREN METRO TORONTO

Mariam Nouser

Nouser is from Mississauga but her father is Egyptian.

Islamophobia is something she's personally experienced.

"I feel it's time for us to come together, Muslims and non-Muslims alike, all races," she said. "The people, united, will never be defeated."

Jeff Cheng and Dave Cerenzia

Cheng and Cerenzia work at Romero House, a non-profit that provides services for refugees.

"It's just kind of baffling that the States is going down the road it's going," said Cheng.

"We work with people who 99 per cent of them never wanted to leave their country," added Cerenzia.

Cheng wants Prime Minister Justin Trudeau take a stronger stand against Trump, particularly the travel ban.

"We've got to start drawing some lines," he said.

Leslie Fritz

"If we don't stand up and fight back, and resist what's going on in our world today, then we're as guilty as the people perpetrating this," Fritz said.

Toronto is an "incredible" multicultural community, she added, but we "can't let" what's happening in the U.S. happen here. "We need to stop fascism in its tracks," she said.

Ossob Hassan and Mercedes Sharpe

Refugees, migrants and the undocumented must be welcome here, said Sharpe. Hassan, whose own family members are Somalian refugees, sees tolerance as fragile, "especially when you see what happened in Quebec. Tolerance is something you have to fight for," she said.

As a sanctuary city "on paper but also in practice," Toronto should close the Immigration Holding Centre in Toronto. She would also like to see migrants get health care, regardless of their status.

Beth Bowers

Bowers said her sign pretty much summed up her reason for marching and protesting.

"I think this is the statement. We all need to resist."

PHOTOS: EDUARDO LIMA/METRO

Muslim community calls for solidarity

Gilbert Ngabo
Metro | Toronto

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and express solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks — it's all over the place. We just need to continue to support each other."

Sunday night's shooting at the Centre Culturel Islamique du Québec left many Muslim communities in shock. The Ahmadiyya Muslim Jama`at condemned the attack and said they had heightened security at all mosques and prayer centres across the country.

> **Push back against hate, and make sure no one is left behind.**
> Ausma Malik

"There may be a rise of extremism in a fringe minority, but the majority is still very diverse," said the community's spokesperson Blawal Aleem.

The group promotes interfaith harmony, including inviting people into Muslim homes for meals. It's important to fight Islamophobia and racism at a grassroots level, Aleem said.

Everyone should speak out against extremism, said Ausma Malik, a TDSB trustee and director of social engagement at the Atkinson Foundation.

"We have to continue to push back against hate, and make sure no one is left behind," she said.

People gathered at Kings College Circle at the University of Toronto Monday to attend one of several vigils across the GTA to remember victims of the Quebec attack. VICTOR BIRO/FOR METRO

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Toronto speaks out: *Trump's Muslim ban* • *Quebec mosque shooting*

Feds urged to open borders

REFUGEES

'Maybe the U.S. is no longer a safe country,' says lawyer

Gilbert Ngabo
Metro | Toronto

Toronto advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

Osama Basha leads fellow Muslims in a prayer outside the U.S. Consulate Monday afternoon in Toronto, where hundreds of protesters gathered outside the to denounce President Donald Trump''s travel ban on Muslims. TORSTAR NEWS SERVICE

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties Association has included scrapping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

> **A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here.**
> Mary Keyork

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

Council called to action

Joe Cressy TORSTAR NEWS SERVICE

City council is being asked to put pressure on the federal government to do more this week with hundreds of Torontonians willing to sponsor Syrian refugees while the United States remains in turmoil over President Donald Trump's temporary ban on immigration to the U.S. from certain predominantly Muslim countries.

Councillor Joe Cressy's motion on this week's council agenda calls on the government to do what's necessary to settle Syrian families fleeing continuing violence.

"We've had Toronto families come forward en masse to support and settle Syrian refugees and it's taking an unacceptable amount of time for refugees to be processed and brought to Canada," Cressy said.

"When one country closes its borders, another must open its own wider." TORSTAR NEWS SERVICE

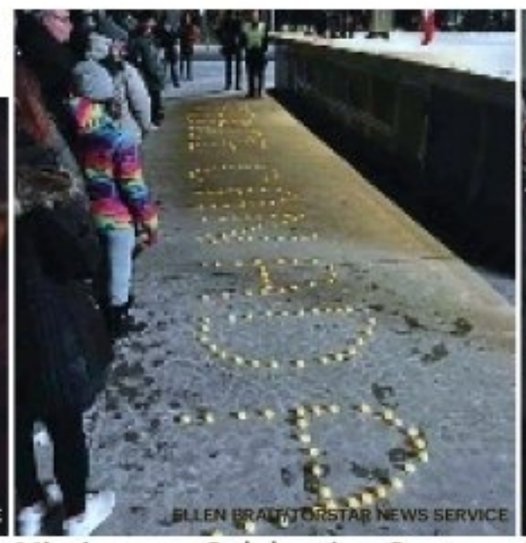
Vigils across GTA for attack victims

VICTOR BIRO/FOR METRO

University of Toronto

RICK MADONIK/TORSTAR NEWS SERVICE

The Beaches



ELLEN BRAUN/TORSTAR NEWS SERVICE

Mississauga Celebration Centre

JAYSON MILLS/BURLINGTON POST

Burlington City Hall

Sun will come out, T.O.

WEATHER

Yes, we really are living in gloomy days, stats show

It's a dark time, Toronto.

Since the beginning of January, the city has seen less than 50 hours of sunlight in an exceptionally dark and grey month.

As of Sunday, the city has only seen 48.8 hours of sunlight, compared to the seasonal average of 85 hours for the month of January, Environment Canada meteorologist Mark Schuster said.

"We've been in well below normal averages for sunlight," Schuster said.

Monday's sunny conditions raised the hours of sunlight during the month, but the month is still projected to be "absolutely" darker than usual, Schuster said.

The majority of the sunshine came in the first two weeks of the month, but was quickly shrouded by grey clouds due to milder temperatures the last two weeks.

"When temperatures are warmer it tends to be cloudier due to moisture," Schuster said.

With temperatures forecast drop closer to "typical" winter temperatures for February — highs of -2.3C and lows of -11C — Schuster says that Torontonians should be expecting more sunlight, as long as the chill stays.

"I think people prefer sunny and colder days to cloudy grey days," he said. "It's hard to get things done on those days."

TORSTAR NEWS SERVICE

Toronto has only seen 48.8 hours of sunlight, compared to the seasonal average of 85 hours for the month of January, according to meteorologist Mark Schuster. ISTOCK

Toronto DIGEST

RICHMOND HILL

Woman convicted of trying to hire hitman

A Richmond Hill woman, Marina Ray, 60, has been convicted of trying to hire a hitman to kill her ex-husband Michael Ray. Court was told the man she met and negotiated a $10,000 bounty with was actually an undercover York Region police officer. In a video released during the trial, Ray was seen telling the hitman that she wanted him to say: "This is for all the women (you) used, abused and stole from," before killing him.

JEREMY GRIMALDI/METROLAND

PRESTO CARD

Machine spits out $4,000 bill for $40 transaction

Metrolinx is blaming a "printing error" after a Presto machine appeared to try to charge a customer $4,000 for a $40 transaction last Thursday at Bloor-Yonge station. J.F. Garrard said an error message flashed on the screen when she tried to put money on her Presto card at a self-serve reload machine. A spokesperson for Metrolinx said that is "a very rare anomaly" that occurs when a customer's payment is declined by their bank or credit card company.

TORSTAR NEWS SERVICE

SOCIAL HOUSING

Tory hints province may chip in for repairs

Premier Kathleen Wynne has recognized the province's role in fixing crumbling social housing, Mayor John Tory said after their first meeting since her flip-flop on road tolls soured their once-cozy political relationship.

Tory said he made clear the province must contribute to a more-than-$1.6 billion repairs backlog for Toronto Community Housing.

TORSTAR NEWS SERVICE

CRIME

Fatal afternoon shooting

A man has been shot and killed near George Brown College. At around 2:50 p.m. Monday, emergency crews responded to reports of a shooting near Adelaide Street East and George Street. One victim, found with serious injuries, later died. Police found two handguns at the scene and say the suspect fled in a mid-sized blue vehicle.

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QUEBEC MOSQUE SHOOTING

Suspect faces six counts of murder

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

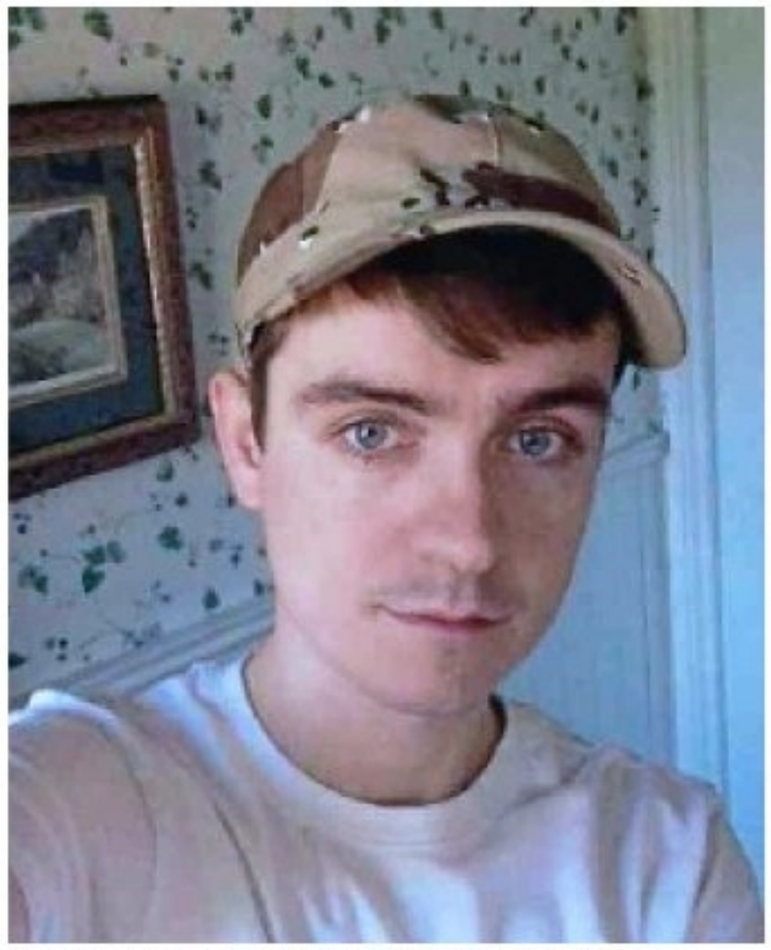
He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Universite Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE



Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 **Azzedine Soufiane** — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 **Khaled Belkacemi** — Universite Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Universite Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 **Abdelkrim Hassane** — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

QUEBEC MOSQUE SHOOTING

Canadians spring to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together in a strong show of support for the Muslim community. METRO CANADA

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique de Québec.

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chinese, Jewish, a Syrian group and the LGBTQ community had come forward against the murders.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

Meanwhile, Aurangzeb Qureshi, spokesperson for the Alberta Muslim Public Affairs Council, said the organization would be taking steps to prevent similar attacks in Edmonton.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

The fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban … To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

A vigil in Montreal for victims of the shooting at a Quebec City mosque. THE CANADIAN PRESS

Partisanship forgotten in moment of unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity and freedom of religion."

Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

Yet in the face of the American administration's leap to suggest the Canadian attack justified its immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act." TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau and Liberal MPs stand for a moment of silence in the House of Commons on Monday. THE CANADIAN PRESS

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Donald Trump's administration: *Muslim ban*

Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

Attorney general fired as dissent grows

President Donald Trump on Monday fired Sally Yates, the acting attorney general and a Democratic appointee, after she refused to defend in court his controversial refugee and immigration ban.

The extraordinary public clash over Trump's most consequential policy decision to date laid bare the discord and dissent surrounding the executive order, which temporarily halted the entire U.S. refugee program and banned all entries from seven Muslim-majority nations for 90 days.

The firing came hours after Yates directed Justice Department attorneys not to defend the executive order, saying she was not convinced it was lawful or consistent with the agency's "obligation to always seek justice and stand for what is right."

In a statement, Trump said Yates had "betrayed the Department of Justice by refusing to enforce a legal order designed to protect the citizens of the United States." He named longtime federal prosecutor Dana Boente as Yates' replacement.

Other parts of Trump's administration were voicing dissent Monday. A large group of diplomats circulated a memo voicing their opposition to the order. In a startlingly combative response, White House spokesman Sean Spicer them resign.

"They should either get with the program or they can go," Spicer said. THE ASSOCIATED PRESS

Sally Yates GETTY IMAGES

'I'm ready to make my voice heard'

TAKING ACTION

'Freaked out' Americans take to the streets to protest Trump

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on Sunday night. But his girlfriend told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of an America-wide wave of organic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last weekend it was rallies against Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back. TORSTAR NEWS SERVICE

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METROLINX

metro VIEWS
Your essential daily news
Tuesday, January 31, 2017

STEP UP

Feeling helpless? Don't stand by, step up. Here's the **Metro guide** to fighting Islamophobia and anti-refugee sentiment in your community.

MARCH

If you missed Monday's peaceful protest in front of the U.S. consulate you can catch the next one. There's another rally planned in the same spot at 12:30 p.m. Saturday. It's proclaimed on Facebook as part of a **National Day of Action against Islamophobia and White Supremacy**.

SIGN

The Canadian Civil Liberties Association has drafted a script people can use to ask their MP to act regarding the recent U.S. travel ban. Specific demands include increasing the number of refugees accepted by Canada this year and suspending the Canada-U.S. Safe Third Country Agreement. You can find it at **ccla.org**.

JOIN

Another great way to take action is to **invest your time**. There are plenty of community and non-profit groups that are working to end Islamophobia and racism, some which have been toiling away for years and others that have sprung up in response to recent waves of hate.

THE EAST END ANTI-RACISM COLLECTIVE
Formed in Toronto after racist posters were spotted in the neighbourhood shortly after Donald Trump was elected.

NO ONE IS ILLEGAL
has a long history of advocating for migrants and refugees.

MEET

Get out of your comfort zone, expand your social network and try to reach out to people who don't look like you or share your views. You can start by introducing yourself to someone at a march, if you choose to attend.

SUPPORT

You can also support groups with financial donations. **Lifeline Syria**, for example, is continuing to accept money for its work to support refugees. You can direct a donation specifically to **Quebec Islamic Cultural Centre**, the site of Sunday's shooting. You can also donate to the **American Civil Liberties Union**, which works to protect the rights and liberties of people across the U.S. COMPILED BY MAY WARREN AND ALI VANDERKRUYK/METRO

GOT AN IDEA? Metro's on the hunt for stories about the ways people are taking action and waging love to fight the political climate of hate. Tweet us with the hashtag **#WageLove** or **email angela.mullins@metronews.ca**.

We should take Syrians and graduates the U.S. has rejected

Tristan Cleveland

Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk — without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, offer to bring the Syrian refugees the United States has already vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with equally decisive action.

And that's only the start. A cohort of recent graduates in the United States from those seven countries will have their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success. The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe, extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.

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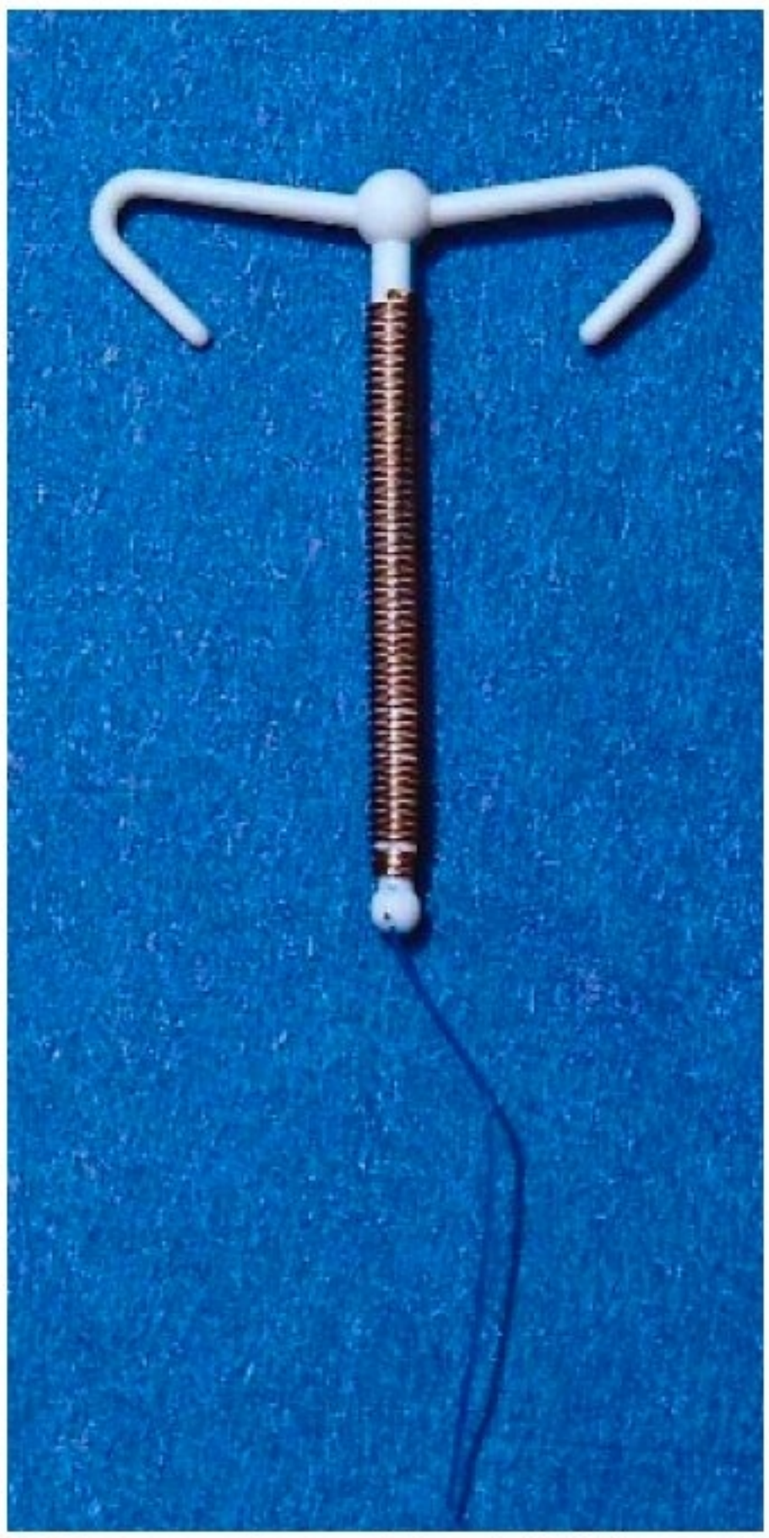
Games, crafts and other simple activities may help stave off mental decline, a study finds



Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as $1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to $63 and the hormonal IUD costs up to $380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; $54-$63 at Planned Parenthood

Pros:
- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:
- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD
99 per-cent effective; $306-$380 at Planned Parenthood

Pros:
- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:
- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Harbouring fierce resistance

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, Veep), Emma Stone (best actress, La La Land) and Mahershala Ali (best supporting actor, Moonlight) — Netflix's Stranger Things wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go deeper, and through our art, to battle against fear…by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will repel bullies. We will shelter freaks and outcasts…We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals... we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its liberalism. First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards. CHRIS PIZZELLO/INVISION/AP

When the gym routine gets boring

With their own gyms crowded thanks to the onslaught of "January Joiners," Metro's **Melita Kuburas** and **Colin McNeil** decide to try some alternative fitness options. Breaking up the ol' routine has its upside...

1 What: Daybreaker — 6 a.m. Dance Party

Sweat factor: Medium
Price: $$
Would return: Definitely

A handful of people are crowded outside the entrance of a club on King Street West. The dress code is a mix of patent platform shoes, neon tights, sneakers and glitter.

It's 5:45 a.m. and no, this isn't the spillover from a rave the night before: We're here for a yoga class and dance party before everyone shuffles off to work for the day.

Inside The Spoke Club, a guy in Hammer pants with international flags on them checks the guest list on his phone. "Boom! You're in!" he shouts.

As people pile in, it quickly becomes hard to find room for a yoga mat. "There's space for one more human here," the instructor says, motioning in front of a DJ near the stage.

After an hour of easy yoga — sun salutations before the sun has even come up — we skip Savasana and instead partner up with a stranger to try the double chair pose for a little friendly competition with the rest of the approximately 150 people in the room.

After rolling up my mat I cheers with a shot of cold-brew coffee with my partner, grab a bottle of water and start dancing.

The music was a mix of EDM and pop, and surprises included a brass band busting through the dance floor, and the yoga instructor putting on a light show.

Daybreaker started in Brooklyn, and is now held in 15 cities around the world (in Canada, this includes Montreal, Toronto and Vancouver is coming soon). Cost varies between $25 to $35, and the next event in Toronto is Feb. 14, with the theme called Love Lockdown.

You'll be buzzing with good vibes all day.

MELITA KUBURAS/METRO

Daybreaker is a dance party that starts before most people begin their morning commute. CONTRIBUTED

2 What: Olympic-style weightlifting

Where: Kanama High Performance, Toronto
Sweat factor: High
Price: $$$$
Would return: Yes

In the dojo-like space at Kanama High Performance, novices and national champions alike dedicate themselves to performing the two movements that make up Olympic weightlifting: the snatch and the clean and jerk.

For anyone not up on their terminology: both involve using explosive strength to bring a weighted barbell from the floor to a static position held over your head, all in one fluid motion.

Even the beginner class at Kanama had a serious, stoic vibe to it.

Surrounded by an open, minimalist gym thick with chalk dust and adorned with multi-coloured bumper plates, the class was a quiet one at first. Silence punctuated by crashing barbells made up the soundtrack until the warmups ended. Then came the music — EDM and trance.

The session I attended was made up of four lifters (including myself), all young men.

Not once during the hour and a half class did the three other students congregate to chit chat or pull out their phones and text. Each one was solely focused on their little square of the gym and their own weightlifting form.

While some at Kanama are training for medals, those in the introductory class are there to learn under coach Rich Davidson — a competitive athlete at the national level.

Davidson first assesses your fitness and mobility level, then works to improve those while building the foundational movements for Olympic lifts.

This means breaking them down to their component movements, and practising those. Think of it like learning individual chords before putting together a song.

Davidson had me use a standard 45 lb Olympic bar with either no additional weight, or just a few 10 lb plates. The idea at first is to fine tune your weightlifting form — not heave enormous amounts of iron to boost your ego.

Cost is $200 to $350 per month, so the class is only for those who are ready to commit to heavy lifting.

COLIN MCNEIL/METRO

The 45-pound bar is much less than Colin McNeil would normally lift, he says, but using proper Olympic form makes it much more difficult to do. IRA LAMCJA/METRO

PARTY POOPER? BALLOONS LINKED TO HEARING LOSS

Research finds balloon pop is unsafe for children

Bill Hodgetts doesn't want to be a party-pooper.

But the University of Alberta researcher has found that noise from bursting balloons can be unsafe for children's hearing.

The audiologist says popping a balloon next to someone's ear is as loud as firing a high-powered shotgun.

The finding is part of a study, co-authored by engineer Dylan Scott, recently published in Canadian Audiologist. Hodgetts says kids typically find popping balloons irresistible, especially at birthday parties, but it may contribute to long-term hearing loss.

He hopes parents will come to consider hearing protection as important as putting sunscreen on their children.

THE ASSOCIATED PRESS

What does your Canada look like?

What is your favourite place in Canada? Is it the street you grew up on, the place where you shared your first kiss, or that secret spot you visit to get away from the hustle and bustle of life? We want to know.

To mark the country's 150th birthday, Metro is launching 150 Postcards, where you get to share your favourite piece of Canada with your friends, neighbours and fellow Canadians. Starting Feb. 1, we will feature one reader's submission each day in Metro across the country, on Metronews.ca and our 150postcards Instagram page. On the Friday before the Canada Day long weekend, the most popular postcards we receive will be printed in Metro.

You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you.

You can email us at scene@metronews.ca or post to instagram or twitter with the hashtag #150postcards.

METRO

Ecuador an attractive investment destination for real estate

Cost of living three times lower than in Canada

Ecuador has become a popular destination for Canadian real-estate investors looking to retire under the sun. "Properties are much more affordable than in similar destinations," says Gordon Poole, vice-president of design and construction for the Canadian company HolaEcuador Property Development. "Now is the time to seize the opportunity." International Living magazine consistently ranks Ecuador among the world's top retirement destinations and best places for real-estate investment. Here are six reasons why hundreds of North Americans choose to own a second home or move to Ecuador:

1. Affordability. Where in the world can you find a luxurious oceanfront condominium for under $200K? It's possible on the Pacific coast of Ecuador.

2. Low cost of living. Currently, the cost of living is about three times lower than in Canada.

3. Excellent health care. In its 2014 list of countries with the most efficient healthcare, Bloomberg magazine ranked Ecuador number 13 in the world (Canada ranked 21st). Quality, affordable health care is available throughout the country. You can see a doctor trained in North America in less than an hour at most clinics.

4. Climate. Temperatures along the coast average 25 degrees year-round, without the extreme wet seasons common to the Tropics. Due to Ecuador's location at the equator, hurricanes are unlikely. The warm water offers pleasant bathing year round.

5. Stability. Ecuador is among the safest countries in Latin America and its currency is the U.S. dollar. Most expats who relocate to Ecuador can obtain permanent residency status in just nine months.

6. The sights. With UNESCO cities, endless sandy beaches, Amazon rainforests, the Andes and the Galápagos Islands, Ecuador is one of the most bio-diverse and eco-responsible places on the planet.

Ecuador is ranked among the world's best real-estate investments and a top retirement destination. CONTRIBUTED

Move to paradise

HolaEcuador will hold free information seminars in many locations across Canada over the coming weeks:

- ***Mississauga, Ont.*** *– Saturday, Feb. 4, 10 a.m. Holiday Inn & Suites, 2565 Argentia Rd.*
- ***Toronto, Ont.*** *– Sunday, Feb. 5, 10 a.m. Holiday Inn Toronto Yorkdale, 3450 Dufferin St.*
- ***Winnipeg, Man.*** *– Saturday, Feb. 11, 10 a.m. Canad Inns Windsor Park, 1034 Elizabeth Rd.*
- ***Orleans, Ont.*** *– Saturday, Feb.18, 10 a.m. Quality Inn Orleans, 3363 St. Joseph Blvd.*
- ***New Westminster, B.C.*** *– Saturday, Feb. 18, 10 a.m. Inn at the Quay, 900 Quayside Dr.*
- ***Vancouver, B.C.*** *– Tuesday, Feb. 21, 7 p.m. Best Western plus Chateau Granville, 1100 Granville St.*

For more information and to register for a seminar, visit holaecuador.ca or call (647) 478-8226.

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metro SPORTS

Joel Embiid, the oft-injured Philadelphia 76ers centre, will miss three games this week because of a left knee contusion

Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls–," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad. Raptors point guard Kyle Lowry

GETTY IMAGES

Masai Ujiri
GETTY IMAGES

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world.

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to

Families are being torn apart and I worry in the big picture what this means to the security of the world.
Warriors coach Steve Kerr whose father Malcolm Kerr was murdered while he was the American University president in Beirut.

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.
Major League Soccer union chief Bob Foose

SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries, different cultures."

The Toronto native will remain in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part of a young talent evaluation camp last November.

Julian de Guzman.
GETTY IMAGES

"My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna.

THE CANADIAN PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams
The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London. As well as the five top-flight clubs, including Arsenal and Chelsea, police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Fatigued Nadal to miss Davis Cup action with Spain
Rafael Nadal is taking time off after his Australian Open final loss to Roger Federer.

The Spanish tennis federation said Monday that Nadal has been dropped from Spain's Davis Cup team because of fatigue following his five-set loss to Federer in Sunday's final.

THE ASSOCIATED PRESS

Team Cherry beats Team Orr in Top Prospects game
Gabe Vilardi scored on his Windsor Spitfires teammate Michael DiPietro to break a tie and help Team Cherry to a 7-5 victory over Team Orr in the Canadian Top Prospects game Monday night before 9,707 fans at the Centre Videotron.

Team Cherry captain Nolan Patrick of the Brandon Wheat Kings, ranked first for the NHL draft by NHL Central Scouting, had two assists. THE CANADIAN PRESS

Third ski gold for Marcoux
Canadian skier Mac Marcoux picked up his third gold at the World Para-Alpine Skiing Championships with a win in the men's visually-impaired category in Monday's giant slalom.

The 19-year-old Marcoux, from Sault Ste. Marie, Ont., teamed with Calgary guide Jack Leitch. THE CANADIAN PRESS

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9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
6	2	8	5	4	9	7	1	3
3	4	5	8	7	1	9	2	6
1	9	7	6	2	3	5	8	4

QB Ryan gets pass in Massachusetts

SUPER BOWL

Ire toned down for Falcons' star Boston College alum

The enemies list is long in New England, and it grows with each tweet that dares to doubt Tom Brady's supremacy or call coach Bill Belichick a cheater.

But there's one opponent who has escaped the fury of the Foxborough, Mass., fans, and even has a considerable amount of goodwill in the heart of New England. In fact, it's hard to find any kind of animosity toward Atlanta Falcons quarterback Matt Ryan, who built his reputation — personally and professionally — at Boston College.

"It's hard to think of anything bad to say about Matt," said former Boston College sports information director Chris Cameron, who was in the athletic department when Ryan led the Eagles to a No. 2 ranking in The Associated Press poll in the middle of the 2007 season.

"I think there are many people at Boston College who are die-hard Patriots fans who are somewhat torn. But I can't think of anyone who will wish any ill will on Matt Ryan."

Peyton Manning is persona non grata in New England because he had the nerve to win a couple of Super Bowls. His original team, the Indianapolis Colts, earned the Patriots' ire for questioning whether the team's footballs were properly inflated in a 2015 playoff game.

The Baltimore Ravens and New York Jets were also sucked into the two-year "Deflategate" scandal, drawing the wrath of the local fans. And don't get the Foxborough Bros started on commissioner Roger Goodell, or on ESPN.

But Ryan is the rare New England opponent who doesn't inspire hatred in the area, even as he prepares to face the Patriots in the Super Bowl on Sunday.

> **To see someone that good of a person succeed at that level would be incredible.** Boston College sports information director Chris Cameron

Boston College alumnus Matt Ryan KEVIN C. COX/GETTY IMAGES

At Boston College, a guard shack displays a poster of "Matty Ice," the nickname Ryan picked up from his Eagles teammates for his ability to remain cool under pressure. In the athletic building, a case is filled with life-sized action shots of Ryan and some of the trophies he won : Johnny Unitas Award, Manning Award, Atlantic Coast Conference Player of the Year.

Around campus in the run-up to the Super Bowl, they're telling stories about the humble but talented quarterback who was also a conscientious student and friend.

"He remembers people's names. He's polite to them. There's really no ego there that I've detected, but there's confidence," Cameron said. "He's just a really nice, caring guy. He's just got that 'It' factor."

THE ASSOCIATED PRESS

No. 2

Ryan led Boston College to a No. 2 ranking and finished in the top 10 in Heisman Trophy voting in 2007. BC finished 11-3 and No. 10 in the nation, beating Michigan State in the Champs Sports Bowl.

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MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

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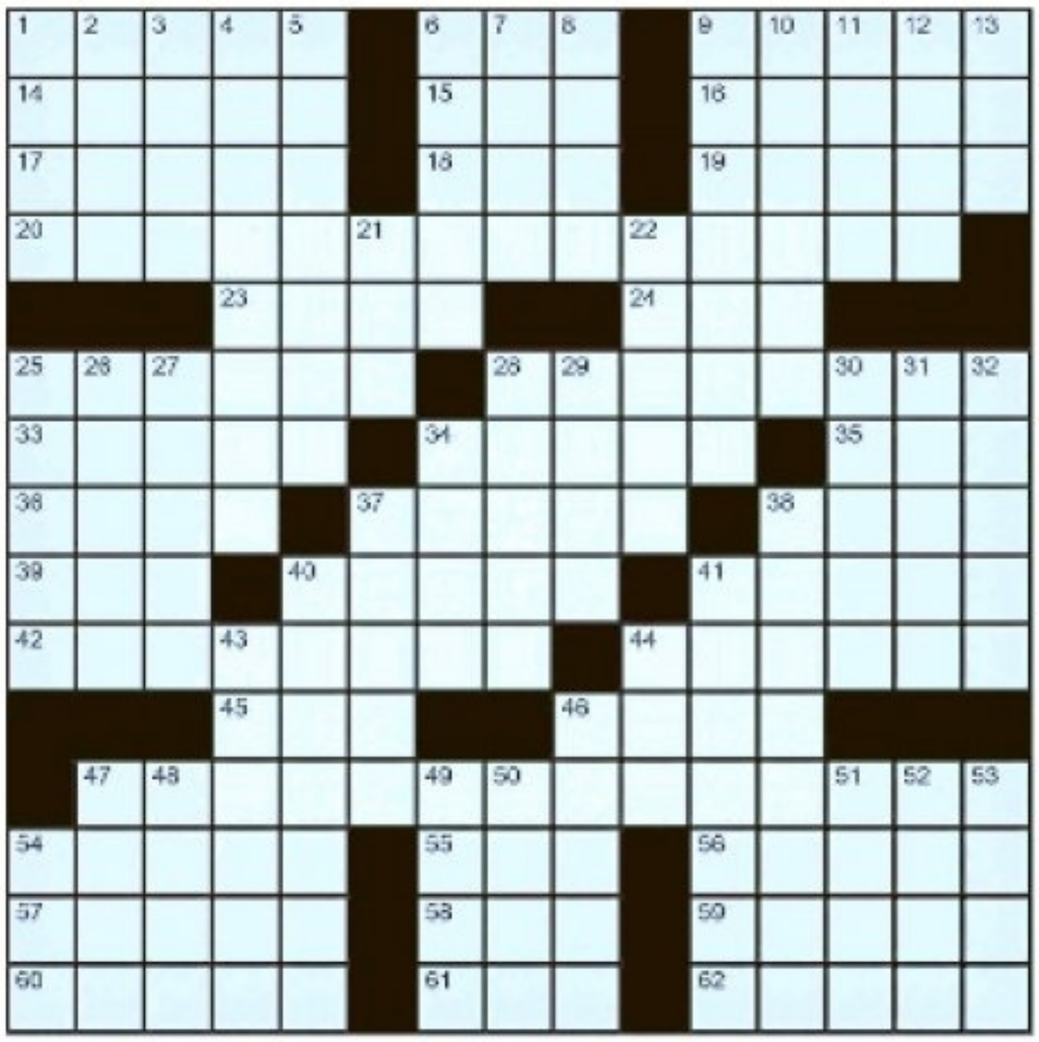
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_-_ ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "_ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time
57. Archaically anoint
58. Unwell
59. _ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN
1. _ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schifrin
4. Assembles/organizes
5. Driving wheel user
6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric
12. Wedding cake level
13. TLC's "Say _ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. _ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture _
38. Hiker's 'bag'
40. _ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song _"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't overreact — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces
Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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